



Shed and Shred: The Proven Secrets to Losing Weight and Gaining Muscle (Perfect Body Handbook) (Volume 1)

Tyler Ross

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Shed and Shred Your Way to an Amazing Body with HIIT! Are you looking to build muscle? Are you looking to burn body fat? If your answer is yes, this book can help! Contrary to popular belief, you can build muscle and burn fat simultaneously. So if your neighborhood, steroid-induced bodybuilder says you need to cut and bulk to look good, just remember that is an outright lie. This ebook is about building NATURAL, lean muscle. So, ignore the people talking about using fat-burning pills, 7-day “secrets” to burn fat, and other similar scams. This ebook is about burning fat NATURALLY. So how can you build a natural physique worthy of being gawked at by the opposite sex? Four words: High Intensity Interval Training or HIIT. While there are other training styles that will get you a nice physique, HIIT will do so at a much more efficient rate. So what exactly is HIIT? How do you do it? Will it make you shed & shred like the title of this book claims? Well, allow me to answer those questions and go in-depth in to what may be the greatest training-style of them all! Here is What Else You Will Find Inside: What is HIIT? How HIIT began HIIT Exercises The Truth and the Lies Your Metabolism 10 Foods & Beverages That Will Speed Up Your Metabolism 5 Methods That Will Speed Up Your Metabolism HIIT and Other Popular Workouts Sample HIIT Workout HIIT for Beginners HIIT for Intermediates HIIT for Advanced Trainees

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